

## NEWS BRIEFS

### Wing briefings

The quarterly wing commander’s calls are at 8:30 and 10:30 a.m. and 3 p.m. today at the theater. Attendance at one is mandatory. Call Ext. 2611.

### Club social

The enlisted spouses club is having a social at 6:30 p.m. Monday at the community center. Call 434-8452.

### Summer hires

Columbus AFB’s Summer Employment Program will take applications from high school and college students April 5 through May 2 at the civilian personnel flight. The temporary employment runs from May to August.

Military family members as well as students with no CAFB affiliation are eligible to apply for the 34 clerical and laborer positions available. Apply by submitting an Optional Form 612 to the flight in Bldg. 926, Room 254. Call Ext. 2647 or 2635.

### Lifeguards needed

The Summer Employment Program will offer 15 lifeguard positions at Columbus AFB. High school and college students who are qualified and interested must submit their resumes to the Air Force Personnel Center in San Antonio, Texas, not at CAFB. Applications are being accepted now through May. Call Ext. 2647 or 2635.

### Speeding advisory

To aid in minimizing speeding on base, the following speed limits are posted: 30 mph for Simler Boulevard and Independence Avenue; 25 mph for streets in the business district of the base; 20 mph on Capitol Avenue in the Capitol Housing area; 15 mph on all other streets in both housing areas; and 15 mph when you exit the base through the gates until you pass the entry control point. Call Ext. 2519.

## Mission Report

As of Wednesday

**T-37**

Goal: 2,799

Flown: 2,565

**T-1A**

Goal: 2,370 hrs.

Flown: 2,252 hrs.

**T-38**

Goal: 1,481

Flown: 1,427



Tech Sgt. Jim Moser

### Quick reaction

Tech Sgt. Raul Rodriguez and Airman 1st Class Tate Iverson, 14th Civil Engineer Squadron firefighters, administer first aid to a simulated victim during the Major Accident Response Exercise Tuesday at the fuels storage area here. The exercise was designed to test the response capabilities of several different units at Columbus AFB.

## Blood alcohol content to be lowered

**Second Lt. Amy Hansen**  
Public affairs

A new driving under the influence limit will go into effect July 1 across Mississippi and on Columbus AFB, reducing the legal blood-alcohol content while driving from .10 to .08.

The amendment, proposed by Bennie Turner, the state senator from West Point, and signed by Governor Ronnie Musgrove March 18, is reflected by a concurrent change in base policy, which must be lowered to match the state law.

According to Terry Pace, Federal Highway Administration Safety Engineer, Mississippi will receive about \$2 million from the federal government as a result of complying with the .08 standard set by former President Clinton two years ago.

“The Department of Transportation will determine where the money can be used to be the most beneficial to the people of Mississippi,” Pace said.

“Statistics have shown that most states have gone down to .08 and driving under

the influence arrests and alcohol related fatalities have decreased,” said Staff Sgt. Arden Hunt, Columbus AFB Alcohol and Drug Abuse Prevention and Treatment NCOIC. “I think (the lower limit) is a deterrent because the likelihood of drunk drivers getting stopped and charged increases.”

According to Fred Shelton, Columbus Police Captain of Uniformed Patrol, there were 185 DUI arrests in the city of Columbus between October 2000 and September 2001.

He thinks the reduction of the legal blood-alcohol content will decrease this number. “People are going to be drinking a lot less or be more responsible about choosing a designated driver.”

According to Maj. Brynn Morgan, 14 Flying Training Wing Staff Judge Advocate, driving under the influence on or off base is risky. A DUI arrest downtown can lead to a fine ranging from \$250 to \$1,000, jail time, points on a person’s driving record and higher insurance premiums.

A DUI on base will result in punishments like rank reduction, extra duty, fines and even correctional custody. “(Offenders) can get the full range of disciplinary and administrative actions, from a court-martial to verbal counseling. The majority of cases in the Air Force result in an Article 15,” Morgan said. “To ensure you will never be charged with driving under the influence, give your keys to a designated driver before you start to drink.”

According to Hunt, though, most drunk drivers are repeat offenders. “If it’s a continued pattern of incidents related to alcohol, they should seek assistance.”

People can contact the ADAPT program at Ext. 2239 if they need help for themselves or a loved one.

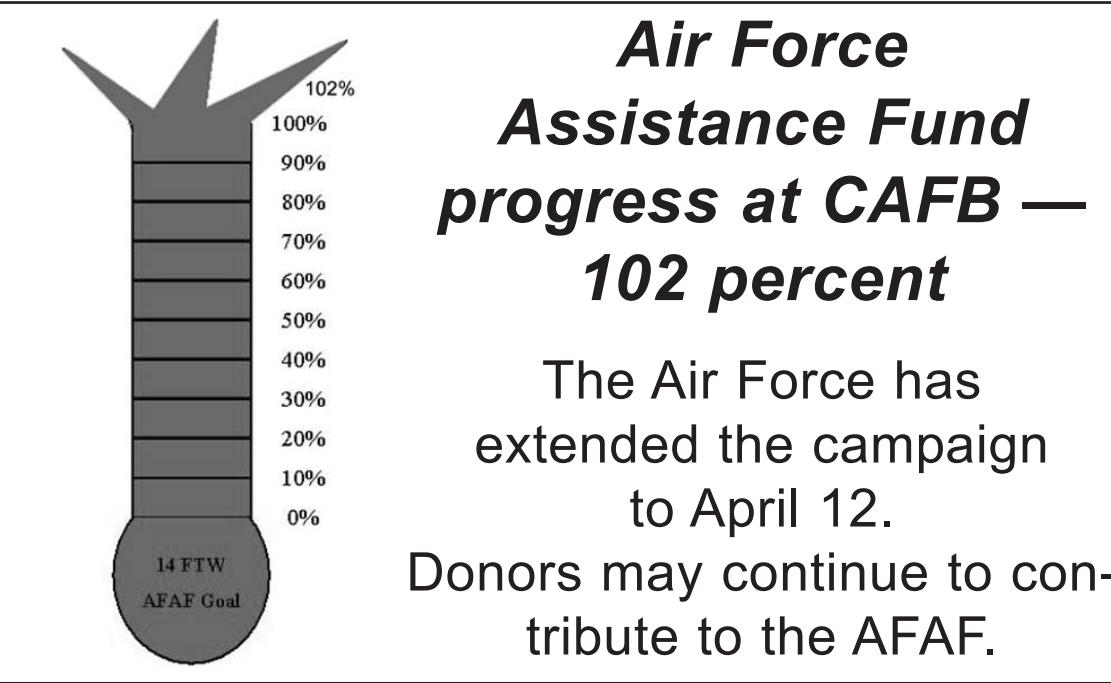
Hunt believes that Mississippi has taken a step in the right direction with the new amendment. “I think that it is great they are lowering the legal blood-alcohol level. We can feel good driving on the highway knowing the police can stop drunk drivers.”



Second Lt. Amy Hansen

### Happy’s birthday

George “Happy” Irby, founder of the Happy Fund, talks to Linda Dodson, library director, and Stephen Imes, president of the Happy Fund board, at his birthday celebration at the Columbus Club Wednesday. Donations to the fund were given in lieu of gifts, and \$1,862 was raised to benefit underprivileged children.



## Columbus AFB Spotlight

**Name:** Capt. Jason Van Loan, 14th Operations Support Squadron

**Duty title:** Airfield operations flight commander

**Time on station:** 2 years, 7 months

**Time in service:** 4 years, 3 months

**Hometown:** Hampton, Va.

**Previous bases:** Keesler AFB, Miss., Altus AFB, Okla.

**Hobbies:** General aviation flight instructing

**Air Force recognition:** 2001 14th OSS Flight Commander of the Year

**Goals:** Obtain civilian employment/career within the aviation field, utilizing my experience/knowledge gained in the military

**Favorite quote:** “It is better to deserve honors and not have them, than to have them and not deserve them.”



Senior Airman Amanda Mills

**Capt. Jason Van Loan**  
14th Operations Support Squadron,  
airfield operations flight commander



## Bomber gets Sept. 11 nose art

**DYESS AFB —** A B-1 Lancer here joined other Air Force aircraft in representing the spirit of Sept. 11 when it was recently given the honor of bearing the Air Force’s “Let’s Roll!” nose art.

The bomber was selected because it will eventually play an active part in Operation Enduring Freedom, said Chief Master Sgt. Robert Sherry, 7th Equipment Maintenance Squadron chief enlisted manager.

Todd Beamer, a passenger on Flight 93, made the phrase “let’s roll!” famous when he and other passengers rushed terrorists for control of that aircraft before it crashed into a field in western Pennsylvania. He was overheard on a cellular phone reciting the Lord’s Prayer and saying, “let’s roll!” before the rush.

“‘Let’s roll!’ has served as a rallying cry for this nation as we go forward in our war on terrorism,” said Air Force Chief of Staff Gen. John Jumper. “We are proud to display this new nose art on our aircraft.”

The design was created by Senior Airman Duane White, a graphic artist from Air Combat Command’s multimedia center at Langley Air Force Base, Va.

(Courtesy of Air Combat Command News Service)

## Benefits stronger than ever

**FORT LEE, Va. —** The commissary benefit is stronger than ever and customer savings are at an all-time high, the Defense Commissary Agency director told Congress recently.

That was the essence of a March 12 prepared statement by Air Force Maj. Gen. Robert Courter, Jr., to the House Armed Services Special Oversight Panel on Morale, Welfare and Recreation. He and several other military resale officials testified on the fiscal 2003 defense budget request.

In his statement, Courter attributed the current strength of the benefit to DeCA’s ability to operate, as much as possible, like a business. He thanked the Defense Department, the Commissary Operating Board and the MWR panel for allowing the agency to do so.

“Today, we are providing greater savings for service members and their families on the goods and services they buy than at any other time in history,” he said. “We’re also operating the agency more efficiently and effectively than ever before.”

Courter reflected on the role commissaries in the lives of military members and their families, calling the story “all about family readiness.”

“They enable families to locate and live around the world with military members. They are about consistent delivery (to these families) of U.S. grocery products and prices worldwide,” he said.

“Finally, they are about providing a sense of community at our military installations that is especially important when military members deploy and families are left behind. In short,” he added, “the commissary provides a critically important core military family support function.”

Courter concluded his statement expressing his belief that the agency’s strategic plan and corporate objectives provide the road map to ensure the continuation of the commissary benefit.

“As with the rest of the nation, 9-11 caused us to look within,” he added. “As a result, the Defense Commissary Agency is stronger than ever.”

(Courtesy of Defense Link News)



## BTZ PROMOTEES



Photos by Staff Sgt. Kyle Ford  
Airman 1st Class Anthony Calvo, 14th Operations Support Squadron, receives congratulations from Col. Tom Quelly, 14th Flying Training Wing commander.



Col. Bryan Funke, 14th Medical Group commander, and Quelly congratulate Airman 1st Class Catrina Prather, 14th Medical Support Squadron.



Col. Jim Playford, 14th Support Group commander, and Quelly congratulate Airman 1st Class Thaddaeus Werner, 14th SPTG.

# HAWC promotes diaries as way to shape up diet

**Anthony Cook**  
HAWC exercise physiologist

The health and wellness center recently invited people to bring in a food diary for review so the HAWC staff could help them develop a dietary plan to meet health-improvement goals.

The diaries improve an unhealthy lifestyle by evaluating a person's eating habits, said Staff Sgt. Dan Boyer, HAWC NCOIC. What, how much, when, where and why a person eats can be determined by using a food diary.

These diaries are very helpful both to the individual and the dietary counselor, Boyer said. Using the diaries, people make a list of what they eat in a typical day. Are deep fat fried or breaded foods, sweets and rich desserts, "extras" such as salad dressings, gravies or sauces eaten on a regular basis? What about portion sizes? Are there any extra fat and calories that could be eliminated?

Wayward calories can also be found in the things people drink. "Many people fail

when it comes to what they drink," Boyer said. "They don't think about the calories that can be consumed by drinking large amounts of sugary beverages."

Probably the biggest area that can be improved upon is portion control, said Capt. Tom Wilkins, HAWC health promotion manager. "Most people won't have to necessarily change what they eat but really how much," says Wilkins.

Too many Americans today are overweight and out of shape, Boyer said. About 33 percent of American children are overweight.

Obesity, which is defined as being 20 percent above desirable weight, greatly increases the risk of premature death from heart disease, diabetes and stroke.

Obesity also contributes to high blood pressure and high cholesterol. As a result, health care costs related to an unhealthy weight and a sedentary lifestyle are now at over \$100 billion a year. In turn, everyone pays the price for unhealthy lifestyle habits.

For more information, call the HAWC at Ext. 2477.

## Base to enforce recycling

*Tickets to be issued to noncompliant residents*

**Tech. Sgt. Jim Moser**  
Public affairs

Beginning Monday, Columbus AFB will start enforcing its mandatory recycling program, with citations being issued to military family housing residents for non-compliance with the program.

Written citations will cover recycling violations from January to March.

"We are not out to get people in trouble," said Renee Howell, Qualified Recycling Program manager. "But recycling is a responsibility for all of us, particularly military family housing residents."

From October to December, 250 people did not comply with the recycling program.

The program has been mandatory since April 2000, but has not been enforced until now.

"This year we've opened a new recy-

cling center and improved our curbside pick-up capability to make it easier for people to comply with our standards," said Col. Tom Quelly 14th Flying Training Wing commander. "We encourage everyone to make recycling a way of life, but base residents need to realize the program is mandatory and the implementation and grace period is over."

Curbside recycling, with recyclables being picked up each week, covers mixed paper, cardboard, clear and colored glass, aluminum, steel and PETE 1 (soda bottles) and HTPPE 2 (milk jugs) plastics.

"Recycling is the right thing to do," Howell said. "Plus the Air Force must reduce the amount of trash being sent to landfills." Enforcement will be handled through the same channels as military family housing office yard inspection write-ups.

For more information, call Ext.7406.

# Airmen can set their bar a little higher

**Tech Sgt. David Hicks**  
14th FTW

Goals as defined by Webster's Dictionary are "the result or achievement toward which effort is directed."

Various definitions can be found elsewhere but all with the same general idea. I want to explore the types of goals and the importance of goals and goal setting in our everyday lives and careers.

The two types of goals I will discuss are short-term and long-term goals.

Short-term goals are very important to each and every one of us whether we realize it or not. Examples of short-term goals are relatively easy to find in our everyday lives; some that immediately come to mind are:

- ❑ A weekly exercise program designed to drop a few pounds.
- ❑ Saving \$100 a payday for that long overdue vacation to the beach.
- ❑ Spending more time with your spouse and children to strengthen those relationships.



❑ Setting aside time every week for studying for promotion testing.

These are just a few common short-term goals. Everyone is different and everyone's goals will be different, that's what makes each and every one of us unique.

The most important thing to remember about short-term goals is that no matter how trivial and unimportant they may seem to others, they are the building blocks to your future.

Long-term goals are much larger in scope than short-term goals and tend to take much longer to realize. Everyone shares some common long-term goals, but many times our unique goals are truly what set us apart from one another in our own special way. I have listed below some more common long-term goals:

- ❑ Invest soundly and wisely, allowing for a comfortable and secure retirement.
- ❑ Live a long and prosperous life being the best spouse, father/mother and person that you can be. Aim to be looked upon by others not for what you have but for who you are.
- ❑ Serve your country and strive to be the best that you can be throughout your career without sacrificing the values and beliefs that you hold dear in the process.
- ❑ Progress through the ranks without becoming

## STRAIGHT TALK LINE



Tech Sgt. Jim Moser  
Col. Tom Quelly, 14th Flying Training Wing commander, and Earvin Hykes, DynCorp, display the new "Let's Roll" logo on a Columbus AFB T-38 Talon. The nose-art design depicts an eagle soaring in front of the U.S. flag with the words "Spirit of 9-11" on the top and "Let's Roll!!" on the bottom.

## SILVER WINGS

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**Chief, public affairs**  
*Pam Warnken*  
**Editor**  
*Senior Airman Amanda Mills*  
**Staff writer**  
*Airman Alexis Lloyd*

***The future is what you make of it in many ways; don't cheat yourself out of a promising career and future. Strive to be the best you can be at whatever you do.***

rank-minded, never forget where you came from and never disregard another person's beliefs or goals as trivial or unimportant.

❑ Continue your off-duty education, expanding your opportunities after your military career comes to a close.

Long-term goals are very important to all of us; they determine the paths that we will travel and how we will deal with the bumps we encounter along the way.

In closing, the important thing to remember when thinking about goals is that you are the goal setter and no matter what your goals are, you should strive to achieve them and continuously set the bar higher for yourself.

The future is what you make of it in many ways; don't cheat yourself out of a promising career and future. Strive to be the best you can be at whatever you do.

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB a better place.

Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command.

The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names will be kept confidential.

Messages may be answered in the Silver Wings without names.

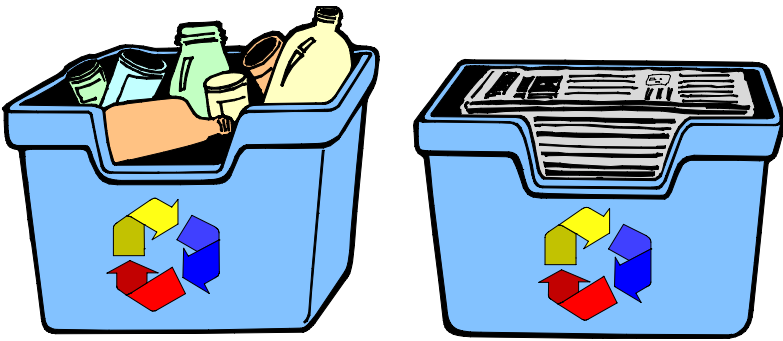
Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724. Questions and answers will be edited for brevity.

## Key phone numbers

Base Exchange.....	434-6013
Chaplain.....	434-2500
Civil Engineer Service Desk.....	434-2856
Civilian Personnel.....	434-2635
Clinic:	
Family Practice.....	434-2172
Appointment Desk.....	434-2273
After Hours Care.....	434-2273
Columbus Club.....	434-2489
Commissary.....	434-7106
Finance.....	434-2706
Housing Maintenance.....	434-7270
Inspector General.....	434-2927
Legal Office.....	434-7030
Military Equal Opportunity.....	434-2591
Security Forces.....	434-7129
Shoppette.....	434-6026

## Be kind to the environment!

Recycle your paper, cardboard, aluminum, glass and plastic





# Advertisements

## Students prepare to flap their wings

### Second Lt. Amy Hansen

Public affairs

*(Editor's note: This is the first in a series of four about pilot training.)*

The room is absolutely silent. Under the tables are twelve rows of boots freshly shined to a mirror-like finish. The battle-dress uniform creases could slice a stick of butter. Blank notebooks and brand new pens sit in front of twenty-eight nervous young officers who are each rehearsing boldface emergency procedures in their heads. The silence is suddenly shattered as a jovial senior officer walks into the room with a stack of blank boldface quizzes in his hand. "I'm Major Chuck Boothe, and I'd like to welcome you to the first day of Undergraduate Pilot Training," he says as he begins passing out the first test of the grueling year-long quest for a set of silver wings.

Every three weeks, about thirty new students begin what some consider the toughest training in the Air Force — Specialized Undergraduate Pilot Training — at Columbus AFB. While the mission statement of Columbus AFB is "To defend the United States of America by building the world's best pilots, leaders and warriors," most people aren't familiar with the effort and sacrifices that it takes for pilot training students to get to that nerve-racking first day of UPT.

For many young officers, flying started as a dream. "It's all I ever wanted to do," said Second Lt. Alan Meadows, who actually underwent heart surgery in order to pass the medical for pilot training. After graduating from college with a computer science degree, he decided he needed "to do something more significant." In the process of applying to Officer's Training School, doctors told him that he was disqualified for flight because of a rare condition that could cause heart failure under the stress of flying. The surgery was successful and he was approved for a pilot slot. "I knew my life suddenly had purpose,"

Meadows said, "There's nothing I wanted to do more than become an Air Force pilot."

In addition to overcoming a medical condition, Second Lt. David McDonald also had to survive four years at one of the toughest schools in the United States, the Air Force Academy. Just to get in, he needed a congressional nomination, several interviews, a medical exam and an extensive application. Although McDonald was accepted and knew he would graduate as an officer, he had no hope of becoming a pilot. "I never thought it was an option because I had 20/300 vision," he said. Having planned on a job as a hospital administrator, he was notified his senior year that laser surgery to correct his poor vision had been approved. Three thousand dollars of his own money and a few months later, McDonald had 20/10 vision and a pilot slot at Columbus AFB.

For other people, like Second Lt. Sean Canfield, the ambition to fly seemed like a pipe dream for years. Just last year, he worked in avionics maintenance on C-5s, C-17s, and C-141s at Elmendorf AFB, Alaska. He told the story of the day he found out his application to Officer's Training School and pilot training arrived. "My wife called and said she locked her keys in the car on base. I thought to myself, 'not again!' So I got there and my wife, the colonel and my chief were all in a room and the colonel said, 'Hey, how would you like to fly for the Air Force?' I cried when I found out, right there in front of my wife and the first shirt."

But not every new student has always dreamed the Air Force dream. Second Lt. Lee Kostick swore that he wouldn't follow in his father's footsteps. "My whole life I wasn't going to go in the military," he said.

But when he received an Air Force Reserve Officer Training Corps scholarship to Auburn University, he started to change his mind. In order to apply to be a pilot candidate, Kostick had his academic grades, his physical fitness scores, his commander's rating and his



Staff Sgt. Kyle Ford

Second Lt. Eric Ward, awaiting pilot training, makes a name tag for his flight suit. Students earn the right to wear flight suits when the entire class receives perfect scores on the boldface emergency procedures quiz.

standardized test scores scrutinized. He then competed with ROTC students across the country for a coveted pilot training slot. After being awarded the slot and his commission, Kostick was stationed at Eglin AFB, Fla. to serve eight months as a casual lieutenant while waiting for UPT, a common situation because of the backlog of students waiting to begin class. While at Eglin, Kostick was required to complete Introductory Flight Training, earning his Private Pilot's License in 90 days. A few weeks ago, he arrived here at Columbus AFB, with 50 flight hours under his belt and a heart full of ambition.

Hundreds of students like these will soon pick up sharpened pencils to complete their boldface on the first day of UPT. In the words of Kostick, "I'm ecstatic, pumped up, ready to flap my wings and fly!"

## Whitney M. Young, Jr.: Little-known civil rights pioneer

### Rudi Williams

American Forces Press Service

**WASHINGTON** — Many people, particularly the younger generation, are not aware of Whitney M. Young, Jr.'s contributions to the civil rights movement or his role in making life better for African Americans in the armed forces.

Young was one of America's most charismatic, courageous and influential civil rights pioneers. Yet, he never achieved the fame of his contemporaries, Martin Luther King Jr., Malcolm X, Thurgood Marshall, Adam Clayton Powell Jr., and a host of others.

But those who knew of him and his work had high praise for him. Politician, civil rights leader and clergyman Andrew Young, said Whitney Young "knew the high art of how to get power from the powerful and share it with the powerless."

Nancy J. Weiss, in her 1989 book, "Whitney M. Young Jr. and the Struggle for Civil Rights," wrote that Young "spent most of his adult life in the white world, transcending barriers of race, wealth and

social standing to advance the welfare of black Americans. His goal was to gain access for blacks to good jobs, education, housing, health care and social services. His tactics were reason, persuasion and negotiation."

Author Dennis Dickerson, in his 1998 biography "Militant Mediator," credited Young with almost single-handedly persuading corporate America and major foundations to aid the civil rights movement through financial contributions in support of self-help programs for jobs, housing, education and family rehabilitation.

Young devised a "Domestic Marshall Plan" for cities that President Lyndon B. Johnson later incorporated into his War on Poverty.

Young's plan sought to eradicate ghettos and to increase spending on education, housing, vocational training and health services at a cost of \$145 billion over 10 years.

No one knows of Young's efforts better than his sister, Eleanor Young-Love of Louisville, Ky. "He played a great part in

the civil rights movement, but Whitney wasn't the kind who would boast about what he had done," she said. "He quietly did things that needed to be done. I hope that some day he will get credit for paving the way for African Americans who are now in prominent positions in the Fortune 500 companies and the rest of the big businesses and industries."

The success and ease Young had in working with the white establishment made him a target of harsh, sometimes bitter criticisms.

Love said people call her brother unkind names because they didn't understand his modus operandi. "He wasn't out there cursing the white man," she said. "He was telling white men and women what they had done wrong and how they could change it."

Perhaps one of the better descriptions of Young's life was voiced by a black high school student in Michigan at the time of Young's funeral in 1971: "Whitney Young started out a brother and died a brother. He was one cat that could run with rich white people and still look out for us."

### AFRICAN AMERICAN MONTH SPOTLIGHT



First Lt. Averie Payton  
48th Flying Training Squadron  
Instructor pilot

**Hometown:** Clarksville, Tenn.

**What does African American Heritage Month mean to you?:** The struggles of the past should not be forgotten. The tireless efforts of countless individuals changed the social climate from that of exclusion and segregation to that of inclusion and diversity.





Tech Sgt. Kip Huston, 14th Security Forces Squadron, repaints the sign above the playground's entrance.

## Volunteers ready Freedom Park for spring

**Airman Alexis Lloyd**  
Staff writer

Men and women of Columbus AFB volunteered to clean up Freedom Park Wednesday.

The Friends of Freedom Park event was sponsored by 14th Services Division Outdoor Recreation and was to maintain and preserve the park for future use, said Master Sgt. Ed Marallo, outdoor recreation program director.

The park was in need of attention because last year's cleanup was canceled, Marallo said.

To help with the event, many people dropped off old coffee cans beforehand, which were used as paint buckets.

Volunteers showed up in clothes they didn't mind getting dirty, and work gloves, ready to get the job done, Marallo said.

The volunteers helped spread new mulch and rake up leaves and trash cluttering the ground, Marallo said. They also repainted the space shuttle, rocket, plane, and stained the wood around the park.

Marallo volunteered his masonry experience to improve the restrooms. He and

other volunteers laid new tiles there.

Hamburgers, hotdogs and drinks were provided by 14th SD. Army and Air Force Exchange Service also provided sandwiches, chips and drinks.

Marallo brought his own home-baked cookies.

Events like this boost morale, keep the community involved and keep their surroundings nice for years to come, Marallo said.

"I feel as if I am contributing something useful to the community," said Senior Airman Kimberly Whiteside, 14th Communications Squadron.



Airman Alexis Lloyd  
Master Sgt. Todd Mayer, 14th Support Group, dumps mulch from a wheelbarrow.



Airman Alexis Lloyd  
Tech. Sgt. Annie Cousins, 14th Communications Squadron, rakes mulch.



Airman Alexis Lloyd  
Senior Airman Casey Thomas, 14th Security Forces Squadron, revamps the rules and regulations sign.



Airman Alexis Lloyd  
Freedom Park was a beehive of activity as volunteers spiffed up the play area for base children.

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